

Don't let food make you sick! Foods to Choose

Food safety tips for those at increased risk of food-borne illness

Food	Choose	Do not eat or drink
Fruits and vegetables	<ul style="list-style-type: none"> ● Pasteurized juice ● Fresh fruits/vegetables that have no bruises, cuts or mold on them ● Frozen fruits/vegetables (except berries) ● Cooked, pasteurized, or canned berries ● Cooked vegetable sprouts ● Cooked or canned fruits or vegetables ● Well-scrubbed produce Use a vegetable brush for rough surfaces like melon skins. ● Produce washed right before consuming (to reduce risk of mold) ● Pre-washed, bagged greens that are well refrigerated, consumed before the expiration date and free of "off" odors and wilted leaves 	<ul style="list-style-type: none"> ● Unpasteurized juices ● Pre-cut, damaged, or loose pieces of fruit (such as grapes off the stem) ● All raw and frozen berries (they are hard to clean and get moldy quickly) ● Raw bean sprouts <p>Avoid when eating out:</p> <ul style="list-style-type: none"> ● Buffet-style salad bars ● Deli salads such as fruit, potato, egg or pasta salad made with raw fruit or vegetables ● Salsas (unless pasteurized) ● Raw fruits or vegetables (since you can't be sure of safe food handling)

Food	Choose	Do not eat or drink
Nuts	<ul style="list-style-type: none"> ● Commercially packaged nut butters (peanut, almond, cashew, soy) ● Commercially packaged, roasted nuts ● Almonds (all types are pasteurized now) 	<ul style="list-style-type: none"> ● Freshly ground nut butters ● Nuts in the shell (because of mold risk) ● Unroasted nuts sold in bulk from bins
Meat, fish, poultry, soy	<ul style="list-style-type: none"> ● Pasteurized or boiled tofu ● Meats cooked to these temperatures: (Insert thermometer into thickest part.) <ul style="list-style-type: none"> ■ Poultry 165° F ■ Ground meat (like hamburger) 160° F ■ Steaks and roasts 145° F ● Egg Dishes 160° F ● Fish 145° F (firm flesh, flakes easily) ● Luncheon meats heated to 165° F ● Well-done meat cooked to order, served hot 	<ul style="list-style-type: none"> ● Uncooked tofu (unless pasteurized) ● Raw or undercooked meat or fish, including: smoked salmon (lox), sushi, raw oysters, “Ahi” tuna, sashimi (raw fish) <p>Avoid when eating out:</p> <p>Meat prepared:</p> <ul style="list-style-type: none"> ■ “Rare” ■ “Seared” ■ “Cured” <ul style="list-style-type: none"> ● Luncheon meats (unless heated to 165° F) ● Items kept warm

Food	Choose	Do not eat or drink
Milk, cheese, yogurt	<ul style="list-style-type: none"> ● Pasteurized milk ● Cheese made from pasteurized milk ● Yogurt made from pasteurized milk ● Ask your doctor if you should avoid “live and active cultures” when your “counts” are low. 	<ul style="list-style-type: none"> ● Raw milk or yogurt made with raw milk ● Cheese made from raw milk ● Cheese with herbs or other added items (such as dill, peppers) ● Cheese with mold (such as blue cheese) ● Unpasteurized cheese (Look for pasteurized versions of cheeses such as feta and brie.)
Eggs	<ul style="list-style-type: none"> ● Well-cooked eggs (Hard-boiled, scrambled) ● Pasteurized shell eggs (Sold in cartons next to regular eggs; can be used to safely prepare softer-style eggs) ● Pasteurized liquid egg products (like low-cholesterol eggs, egg whites) 	<ul style="list-style-type: none"> ● Eggs “over easy,” soft poached, soft boiled, or “sunny side up” (unless pasteurized shell eggs are used) ● Raw eggs or products made with raw eggs such as salad dressings, protein shakes and raw dough. Use pasteurized egg products for these foods instead.

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